

Seniors *at Home* Guide



Dear Danville Senior Center Participants,

We hope you are doing well and staying healthy. As businesses in Danville start to reopen, we are looking at plans to safely reopen the Senior Center. There may be some adjustments to class sizes and scheduling to allow for social distancing. We look forward to seeing you back in the building and in our programs, it hasn't been the same without you! As soon as we have a reopening plan and timeline, we will reach out via email. We are available at (925) 314-3430, Monday-Thursday, 8:30am – 5:00pm and Fridays 8:30am – 1:00pm. Have a great day!

-Leah, Yvonne, Milly & Kellie

Stay Up-to-Date:

The Town is updating its website as information and resources become available. See current information here: www.danville.ca.gov/seniorresources

The Senior Frozen Curbside Meal Program is here!

Pickups will take place weekly at 115 E Prospect Ave on Fridays between 10:30am and 11:00am and include 5 frozen meals. The suggested donation for participants 60 years and older is \$3/meal, a \$15 suggested donation each week. To participate, you must call in your lunch reservation the Thursday before by noon at (925) 314-3430.

New participants will need to fill out a County intake form called a NAPIS form.

Want to declutter? Play the minimalist game!

Start on day 1 and donate or throw away 1 item. On day 2, eliminate 2 items. Continue until you've completed 30 days (or decluttering a total of 465 items. Check out the "Get Rid of It" app to take photos of the items you declutter and track your daily progress!

Looking for an at-home project? Learn more about organizing your photos and how technology can help: <https://tinyurl.com/y2lcoarg>

Find other useful apps to explore here: <https://tinyurl.com/y33tf6f9>

COMMUNITY WARNING SYSTEM

REGISTER TODAY

VISIT
[CWSALERTS.COM/REGISTRATION](https://cwsalerts.com/registration)
OR CALL (925) 313-9622



In case of Public Safety Power Shut-offs (PSPS) this Fall, register for the Community Warning System for the latest updates and local information. Visit: <https://cwsalerts.com/registration/> or call (925) 313-9622.

Mt. Diablo's Beacon!

It is lit every Sunday evening until sundown during this pandemic. Listen to this 1 hr long Beacon talk by John Gallagher, friend of the Danville Senior Center and long-time Save Mount Diablo volunteer, Board member, and Beacon expert, talk about how Mount Diablo and specifically the "Eye of Diablo" Summit Beacon has inspired us in so many ways: <https://youtu.be/yyJUcs4Snol>



Impossibly Easy Vegetable Pie

(A Staff Betty Crocker Favorite)

Ingredients:

2 cups chopped fresh broccoli or sliced fresh cauliflower
 1/3 cup chopped onion
 1/3 cup chopped green bell pepper
 1 cup shredded Cheddar cheese (4 ounces)
 1/2 cup Original Bisquick™ mix

Yvonne's List: Recommended to Read & Watch

MOVIE SELECTION

Lost in Translation (2003) (Comedy/Drama)

Rated: (R) 1.44 hrs.

A lonely, aging movie star named Bob Harris and a conflicted newlywed, Charlotte, meet in Tokyo. Bob is there to film a Japanese whiskey commercial; Charlotte is accompanying her celebrity-photographer husband. Strangers in a foreign land, the two find escape, distraction and understanding amidst the bright Tokyo lights after a chance meeting in the quiet lull of the hotel bar. They form a bond that is as unlikely as it is heartfelt and meaningful.

Starring: Scarlett Johansson, Bill Murray

Director: Sofia Coppola

Critic's Choice: 7.7/10

Winner of the Academy Award winner for Best Original Screenplay and nominations for best actor, best director, best picture.

Experiencing COVID-19 symptoms? Get a free test.

More information here:

<https://www.coronavirus.cchealth.org/get-tested>

1 cup milk
 1/2 teaspoon salt
 1/4 teaspoon pepper
 2 eggs

Directions:

1. Heat oven to 400°F. Grease 9-inch pie plate. Heat 1 inch salted water to boiling in medium saucepan. Add broccoli; cover and heat to boiling. Cook about 5 minutes or until almost tender; drain thoroughly. Stir together cooked broccoli, onion, bell pepper and cheese in pie plate.

2. Stir remaining ingredients until blended. Pour into pie plate.

3. Bake 35 to 45 minutes or until golden brown and knife inserted in center comes out clean. Cool 5 minutes.

Email us your favorite simple recipes for a chance to be featured in the next edition of the Seniors At Home Guide!

BOOK SELECTION

All Adults Here by Emma Straub

A warm, funny, and keenly perceptive novel about the life cycle of one family--as the kids become parents, grandchildren become teenagers, and a matriarch confronts the legacy of her mistakes. From the New York Times bestselling author of Modern Lovers and The Vacationers.

When Astrid Strick witnesses a school bus accident in the center of town, it jostles loose a repressed memory from her young parenting days decades earlier.

Suddenly, Astrid realizes she was not quite the parent she thought she'd been to her three, now-grown children. But to what consequence?

Astrid's youngest son is drifting and unfocused, making parenting mistakes of his own. Her daughter is pregnant yet struggling to give up her own adolescence. And her eldest seems to measure his adult life according to standards no one else shares. But who gets to decide, so many years later, which long-ago lapses were the ones that mattered? Who decides which apologies really count? It might be that only Astrid's thirteen-year-old granddaughter and her new friend really understand the courage it takes to tell the truth to the people you love the most.